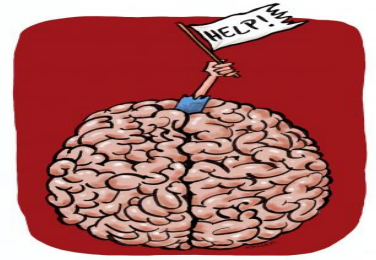




# The RITES FACTS

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## 7 WAYS TO MAXIMIZE BRAIN POWER IN ORDER TO STUDY SMARTER



1. **Get it out of your head!** For example, take notes, make lists, record tasks and assignments in planner and calendar. Write things down so you don't waste valuable brain energy holding information in your memory.
2. **Conserve valuable brain energy by not letting your brain manage time.** Set alerts/reminders on your smartphone. Set a timer while working on a project and doing homework. Let the timer assume the responsibility of managing the time.
3. **Break up lengthy tasks into many small steps.** Write down deadlines. Break up large assignments or projects into small chunks of work. Create due dates for each chunk in order to work on one piece at a time.
4. **Motivate with rewards.** We all appreciate rewards. When you have finished a task give yourself a reward: time on the computer, a trip to the ice cream store, a snack, texting friends, exercise break.
5. **Get important facts out of your head.** Create charts, draw diagrams, put information on index cards and arrange them in a logical order or group them.
6. **Replenish the brain's fuel tank.** When your car runs out of gas, what do you do? You fill the tank and it runs again. The same is true for your brain. Here are ways to refuel your brain:
  - Use positive self-talk
  - Take frequent breaks
  - Reward yourself
  - Exercise
  - Visualize your goals
7. **Repeat to the point of automaticity. Turning tasks into efficient systems allows them to become "second nature".** When something becomes "second nature," brain scans show that the entire frontal lobe of the brain goes dark! That means as soon as something becomes automatic, it requires less than 50% of the brainpower than it did before!

Source: Susan Kruger, *SOAR® Study Skills*